

It's safer for people with long-term conditions to be physically active

Healthcare professionals can help overcome patient's fears that physical activity will worsen symptoms of their health condition

61%

of people with a long-term condition would like to be more active¹



89%

of people trust healthcare professionals most for health advice²



Active people have lower health risks



↓ 25%

Heart disease and stroke



↓ 35%

Type 2 diabetes



↓ 40%

Cognitive decline



↓ 20%

Breast cancer



↓ 66%

Bone fractures



↓ 30%

All cause mortality

^{1,2} Department of Health and Human Services, 2018 Physical Activity Guidelines Advisory Committee Scientific Report

To help healthcare professionals feel confident about what advice they should give to patients with long-term conditions about being active and overcome fears of worsening symptoms, a risk consensus statement has been peer reviewed and published by the British Journal of Sports Medicine.

The statement has been endorsed by leading health organisations including the Royal College of Nursing, RCGP, and Chartered Society of Physiotherapy.



Read the consensus statement around risk on the [Moving Medicine](#) website along with evidence-based consultation guides for a range of conditions to guide you in having conversations about physical activity with patients.

Making our Move is our shared vision for uniting the movement in Notts and Derbyshire. Together, we will address inequality and empower everyone to be active in a way that works for them. To find out more and get involved, visit www.activenotts.org.uk or www.activederbyshire.org.uk

MAKING OUR MOVE

